

USDA CHILD NUTRITION PROGRAMS'*

INFANT MEAL PATTERN

	<i>Ages zero through three months</i>	<i>Ages four through seven months</i>	<i>Ages eight through eleven months</i>
BREAKFAST	• 4 to 6 fl oz breast milk ^{1,2,3} or formula ⁴	• 4 to 8 fl oz breast milk ^{1,2,3} or formula ⁴ • 0 to 3 Tbsp infant cereal ⁴ (optional)	• 6 to 8 fl oz breast milk ^{1,2,3} or formula ⁴ • 2 to 4 Tbsp infant cereal ⁴ • 1 to 4 Tbsp fruit and/or vegetable
LUNCH OR SUPPER	• 4 to 6 fl oz breast milk ^{1,2,3} or formula ⁴	• 4 to 8 fl oz breast milk ^{1,2,3} or formula ⁴ • 0 to 3 Tbsp infant cereal ⁴ (optional) • 0 to 3 Tbsp fruit and/or vegetable (optional)	• 6 to 8 fl oz breast milk ^{1,2,3} or formula ⁴ • 2 to 4 Tbsp infant cereal ⁴ and/or 1 to 4 Tbsp lean meat, fish, poultry, egg yolk, cooked dry beans or peas or ½ to 2 oz cheese or 1 to 4 oz cottage cheese, cheese food, or cheese spread • 1 to 4 Tbsp fruit and/or vegetable
AM OR PM SUPPLEMENT	• 4 to 6 fl oz breast milk ^{1,2,3} or formula ⁴	• 4 to 6 fl oz breast milk ^{1,2,3} or formula ⁴	• 2 to 4 fl oz breast milk ^{1,2,3} , formula ⁴ , or fruit juice ⁵ • 0 to ½ slice of bread ⁶ (optional) or 0 to 2 crackers ⁶ (optional)

Meals containing *only* parent-provided formula are not reimbursable.

¹ It is recommended that breast milk be served in place of formula from birth through 11 months.

² For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.

³ Only the infant's mother can provide breast milk.

⁴ Infant formula and dry infant cereal must be iron fortified.

⁵ Fruit juice must be full strength (100% juice).

⁶ Must be made from whole grain or enriched meal or flour.

***Child Care Food Program Sponsors** may claim reimbursement for up to two meals and one supplement (snack) **or** two supplements (snacks) and one meal per infant per day.

***Homeless Shelter Program Sponsors** may claim reimbursement for up to three meals **or** two meals and one supplement (snack) per infant per day.

***National School Lunch Program Sponsors** may claim reimbursement for one lunch meal per infant per day. One supplement (snack) may be claimed per infant per day if the sponsor is enrolled in and the infant participates in an after school care program.

***School Breakfast Program Sponsors** may claim reimbursement for one breakfast meal per infant per day.

***Summer Food Service Program Sponsors** may claim reimbursement for up to two meals per infant per day at open or enrolled sites. The meals may consist of either one lunch and one breakfast **or** one lunch and one supplement (snack). Migrant sites may serve up to three meals per infant per day **or** two meals and one supplement (snack) per infant per day.

